LifeSource™

Your source for a lifetime of health

Wrist Auto-Inflation

Wrist Blood Pressure Monitor

A&D Medical

Trilingual Instruction Guide – MODEL UB-328

IMPORTANT INFORMATION

Please read this important information before using your monitor.

- ☞ Please remember that only a medical practitioner is qualified to interpret your blood pressure measurements. Use of this device should not replace regular medical examinations.
- ☞ Have your physician review your procedure for using this device. He or she will want to verify blood pressure measurements before prescribing or adjusting medications.
- ☞ Consult your physician if you have any doubt about your readings. Should a mechanical problem occur, contact A&D Medical.
- ☞ Do not attempt to service, calibrate, or repair this device.
- ☞ Because your UB-328 monitor contains delicate, high-precision parts, avoid exposing it to extremes in temperature or humidity or to direct sunlight, shock and dust. A&D Medical guarantees the accuracy of this device only when it is stored and used within the temperature and humidity ranges noted on page E-14.
- ☞ Clean the monitor and cuff with a dry, soft cloth or a cloth dampened with water and a mild detergent. Never use alcohol, benzene, thinner or other harsh chemicals to clean monitor or cuff.
- ☞ Remove and replace batteries if monitor is not used for more than six months.

PRECAUTIONS FOR USE

The UB-328 is designed to be used at home, by those who are 18 years and older to monitor blood pressure: systolic and diastolic, and pulse rate.

LifeSource™

Your source for a lifetime of health

Congratulations. You have purchased a ***LifeSource*** *state-of-the-art blood pressure monitor, one of the most technologically advanced yet easy to use products available in the marketplace today. This* ***LifeSource*** *monitor is designed to make your daily regimen useful, and convenient.*

Physicians agree that daily self-monitoring of blood pressure is an important way individuals can contribute to maintaining their cardiovascular health and preventing the serious consequences of hypertension left undiagnosed and untreated.

A&D Medical has been manufacturing quality healthcare products for more than 20 years. Rest assured that we are committed to providing you and your family with monitoring devices specifically designed for high accuracy and ease of use.

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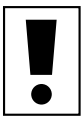

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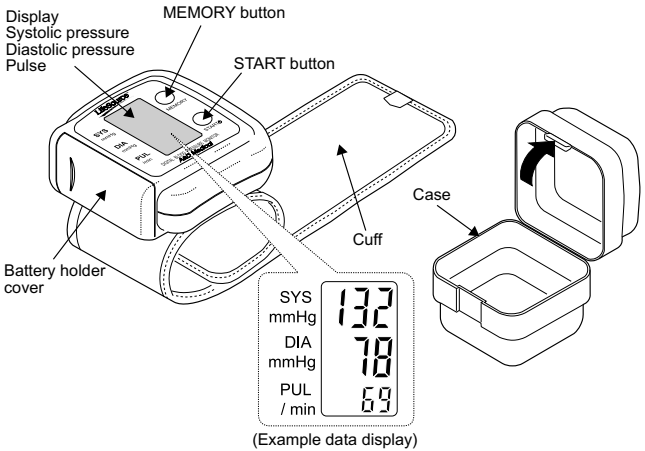
WHAT DISPLAY SYMBOLS MEAN

Display Symbol	Condition / Error	Recommended Action
	Appears when measuring is in progress, and flashes when pulse is detected.	Remain still and refrain from talking during monitoring process.
	An irregular heartbeat or body movement may have occurred. Refer to page E-7 for more information on irregular heartbeats.	Take measurement again and consult with your physician.
LOW BATTERY	Appears when battery voltage is insufficient for device to function.	Replace batteries with two new batteries.
	Appears when systolic and diastolic measurements are within 10 mmHg of each other.	Check and re-fasten cuff for correct fit and take measurement again.
	Appears when the pressure reading is unstable due to movement during the measurement.	Take another reading, making sure you remain quiet and perfectly still.
	Appears when the cuff is not fastened correctly.	Check cuff to ensure fit and fastening is correct, and measure again.
PULSE DISPLAY ERROR	Appears when pulse is not sufficiently detected.	Check for correct fit and position of cuff and take another reading.
	Indicates previous measurement stored in memory.	

MONITOR COMPONENTS



(Example data display)

HOW UB-328 WORKS

LifeSource™ Blood Pressure Monitors are easy to use, accurate and display clear digital measurements. Our technology is based on the "oscillometric method". The term "oscillation" refers to the measure of vibrations caused by the arterial pulse, and is a non-invasive method to determine blood pressure.

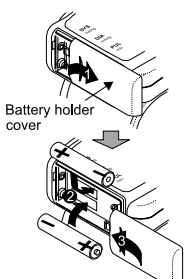
Our monitors examine the pulsatile pressure generated by the arterial wall as it expands and contracts with each heartbeat against the monitor's cuff. The cuff inflates until the artery is fully blocked at which point the monitor takes a measurement as the cuff deflates.

BEFORE YOU START

The UB-328 provides accurate readings on wrists with a circumference between 5.3" and 7.7" (13.5 cm and 19.5 cm).

The unit requires two "AAA" (1.5 volt) batteries to operate. To install batteries (or to replace when "Low Battery" symbol appears), proceed as follows:

1. Slide the battery cover as shown to remove from the device.
2. Insert batteries into designated areas ensuring a correct match with positive (+) and negative (-) terminals.
3. Return battery cover by sliding back on to monitoring device.



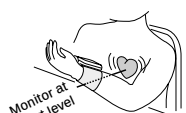
TAKING YOUR BLOOD PRESSURE

Tips for Blood Pressure Monitoring:

- Relax for 5 to 10 minutes prior to measurement
- Remove watch, jewelry or tight-fitting garments
- Use left wrist unless otherwise recommended by physician

Now you are ready to follow these simple steps:

1. Sit comfortably in a chair near a flat surface.
2. With palm facing upward, attach monitor to left wrist and fasten securely. The top edge of the cuff should align with the crease of your wrist.
3. Position your wrist so it is level with your heart, using an arm rest if needed. Positioning of the wrist at heart level is critical for accurate measurement.



NOTE: To stop inflation at any time, press START

4. Press START button. All symbols will briefly appear, and the cuff will begin to inflate. It is normal for cuff to feel very tight.
5. Remain still and refrain from talking or moving during reading.

NOTE: If a reading is not correctly detected, the device will start to automatically re-inflate.

TAKING YOUR BLOOD PRESSURE

6. After the cuff is fully inflated, it will automatically start to deflate and ❤ (heart symbol) will appear to indicate that measurement is in progress. Once the pulse is detected, the symbol will flash with each pulse beat.
7. When measurement is complete, the systolic and diastolic pressure and pulse rate readings are displayed. The cuff will automatically deflate completely, expelling all remaining air.

8. Press START button once to turn off power. The device has an automatic power-down feature which turns off power automatically one minute after measurement is obtained.

For the most useful blood pressure history, we recommend that you record the date and time after each measurement. The most accurate history relies not on a single or sporadic readings, but on a consistent monitoring pattern over time.

NOTE: If you wish to take your blood pressure measurement again, relax and wait 5-10 minutes to enable the flow of blood in the arm to return to normal.

NOTE: If you have poor blood circulation in winter (especially when your hands and wrists are cold), you may not get a blood pressure measurement.

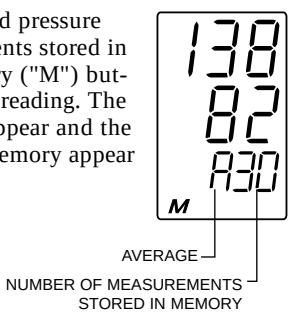
WHAT IS AN IRREGULAR HEARTBEAT?

The UB-328 Blood Pressure Monitor provides a blood pressure and pulse rate measurement even when an irregular heartbeat occurs. An irregular heartbeat is defined as a heartbeat that varies by 25% from the average of all heartbeat intervals during the blood pressure measurement. It is important that you relax, remain still and refrain from talking during measurements.

NOTE: We recommend contacting your physician if you see this (♡) symbol frequently.

ABOUT AVERAGE READING

The UB-328 provides an average blood pressure reading based on the total measurements stored in memory. Press and release the Memory ("M") button to see the average blood pressure reading. The average blood pressure reading will appear and the number of measurements stored in memory appear for approximately five seconds.



ABOUT MEMORY

The UB-328 automatically stores up to 30 blood pressure and pulse measurements in its memory. Measurements stored in memory are assigned an index number in the order of the newest to the oldest. The oldest reading displays as "n01".

To retrieve readings, follow these simple steps:

1. When the display screen is blank, press and release the Memory button. You will see the average blood pressure reading displayed. Press and release the Memory button again. You will see the index number of the most recent reading followed by the measurement.
2. If you want to retrieve other measurements in memory, press and release the Memory button repeatedly until the desired index number is reached (e.g. n14). The measurement will then be displayed.
3. The display will shut off automatically a few seconds after the readings are displayed.

To clear the measurement history from memory, remove the batteries from the unit and then place the batteries back into the battery holder.

NOTE: If there are no measurements stored in memory, you will see two 0s displayed vertically followed by a blinking "A00".

NOTE: Stored measurements will be lost if batteries become low or are removed.

ABOUT BLOOD PRESSURE

What Is Blood Pressure?

Blood pressure is the force exerted by blood against the walls of the arteries. Systolic pressure occurs when the heart contracts; diastolic pressure occurs when the heart expands. Blood pressure is measured in millimeters of mercury (mmHg).

What Affects Blood Pressure?

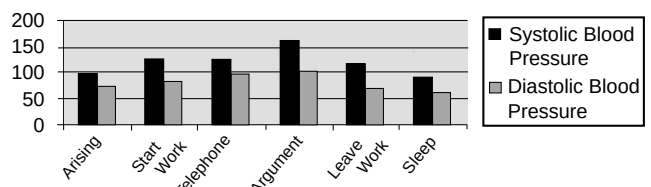
Blood pressure is affected by many factors: age, weight, time of day, activity level, climate, altitude and season. Certain activities can significantly alter blood pressure. Walking can raise systolic pressure by 12 mmHg and diastolic pressure by 5.5 mmHg. Sleeping can decrease systolic blood pressure by as much as 10 mmHg. Taking your blood pressure repeatedly without waiting an interval of 5 to 10 minutes between readings, or without raising your arm to allow blood to flow back to the heart, can also affect it.

In addition to these factors, diet beverages containing caffeine or alcohol, certain medications, emotional stress and even tight-fitting clothes can make a difference in the readings.

What Causes Variations In Blood Pressure?

An individual's blood pressure varies greatly from day to day and season to season. In hypersensitive individuals, these variations are even more pronounced. Normally, blood pressure rises during work or play and falls to its lowest levels during sleep.

Fluctuation within a day (case: 35 year old male)



Assessing High Blood Pressure

The following standards for assessing high blood pressure (without regard to age) have been established as a guideline.

BP Classification	Systolic (mmHg)		Diastolic (mmHg)
Normal	<120	and	<80
Prehypertension	120-139	or	80-89
Stage 1 Hypertension	140-159	or	90-99
Stage 2 Hypertension	≥160	or	≥100

SOURCE: The Seventh Report of the Joint National Committee on Prevention, Evaluation and Treatment of High Blood Pressure. National Heart, Lung and Blood Institute - May 2003.

What Is Hypertension?

Hypertension (high blood pressure) is the diagnosis given when readings consistently rise above normal. It is well known that hypertension can lead to stroke, heart attack or other illness if left untreated. Referred to as a "silent killer" because it does not always produce symptoms that alert you to the problem, hypertension is treatable when diagnosed early. Those who fall within the Prehypertensive range are more likely to develop hypertension in the future.

Can Hypertension Be Controlled?

In many individuals, hypertension can be controlled by altering lifestyle and minimizing stress, and by appropriate medication prescribed and monitored by your doctor. The American Heart Association recommends the following lifestyle suggestions to prevent or control hypertension:

- **Don't smoke.**
- **Reduce salt and fat intake.**
- **Maintain proper weight.**
- **Exercise routinely.**
- **Have regular physical checkups.**
- **Monitor your blood pressure at periodic intervals.**

Why Measure Blood Pressure at Home?

It is now well known that, for many individuals, blood pressure readings taken in a doctor's office or hospital setting might be elevated as a result of apprehension and anxiety. This response is commonly called "white coat hypertension." One way to determine whether this is the case for you is to take your home monitor to the doctor's office and, before the doctor or nurse takes your pressure, do it yourself on your home monitor and compare it to your record of home readings.

In any case, self-measurement at home supplements your doctor's readings and provides a more accurate, complete blood pressure history. In addition, clinical studies have shown that the detection and treatment of hypertension is improved when patients both consult their physicians and monitor their own blood pressure at home.

Keys to Successful Monitoring:

Blood pressure fluctuates throughout the day. We recommend that you are consistent in your daily measurement routine:

- Measure at the same time every day.
- Sit in the same chair/position.
- Relax for 5 minutes before measurement.
- Sit still during measurement – no talking, eating or sudden movements.
- Record your measurement in a logbook.

How Do I Record My Blood Pressure?

Blood pressure readings are typically recorded with the systolic pressure written first, followed by a slash mark and the diastolic pressure. For example, 120 mmHg systolic and 80 mmHg diastolic measurements are written as 120/80. Pulse is simply written with the letter "P" followed by the pulse rate—P 72, for example. Please see Page E-12 for the blood pressure record.

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BLOOD PRESSURE RECORD

Name : Age : Weight :

DATE	AM	SYS/DIA	PULSE	PM	SYS/DIA	PULSE
1/14	*9:30*	*132/98*	*P 69*	*6:30*	*128/87*	*P 63*
		EXAMPLE				

TROUBLESHOOTING

Problem	Probable cause	Corrective action
Display is blank, even when the power is turned on.	Battery is drained.	Replace with a new battery.
	Battery terminals are not in the correct position.	Place the battery with negative and positive terminals matching those indicated in the battery compartment.
The device will not measure. Readings are too high or too low.	The cuff is not fastened properly.	Fasten the cuff correctly.
	You moved your arm or body during the measurement.	Make sure you remain very still and quiet during the measurement.
	The Position of your wrist is not correct.	Position your wrist so it is level with your heart, using an arm rest if needed.
Other	The blood pressure reading is different from that measured at a clinic or doctor's office.	See Pg E-11 "Why Measure Blood Pressure at Home?"
		Remove the battery. Place back in correctly, and try the measurement again.

NOTE: If the actions described above do not solve the problem, contact A&D Medical or Auto Control Medical at the numbers listed at the bottom of these pages. Do not attempt to repair the device yourself.

SPECIFICATIONS

Model UB-328
Type . . . . . .Oscillometric
Display . . . . . .Digital, 10/7-mm character height, Pressure/pulse displayed simultaneously
Memory . . . . . .30 readings
Measurement range . . . . . .Pressure: 20 mmHg to 280 mmHg
. . . . . .Pulse: 40 pulses to 200 pulses/minute
Accuracy . . . . . .Pressure: ±3 mmHg or 2%, whichever is greater, Pulse: ±5%
Pressurization . . . . . .Automatic, using micropump
Depressurization . . . . . .Constant air release-valve system
Power source . . . . . .2 type AAA (1.5 volt) alkaline batteries (not included)
Battery life . . . . . .Approximately 400 measurements
Operating environment . . . .50ºF to 104ºF (10ºC to 40ºC) Less than 95% relative humidity
Storage environment . . . . . .14ºF to 140ºF (-10ºC to 60ºC) Less than 95% relative humidity
Wrist Circumference Range 5.3 – 7.7"(13.5 – 19.5 cm),
Dimensions . . . . . .Length: 3.1" (79 mm), Width: 2.9" (73 mm), Height: 2.3" (58 mm),
Dimensions with case . . . . . .Length: 4.0" (102 mm), Width: 3.0" (76 mm), Height: 3.3" (83 mm), approximately
Weight . . . . . .4.2 oz. (120 g) without batteries

Blood pressure measurements determined by the UB-328 are equivalent to those obtained by a trained observer using the cuff/stethoscope auscultation method within the limits prescribed by the American National Standards Institute for electronic or automated sphygmomanometers.

CONTACT INFORMATION

Our products are designed and manufactured using the latest scientific and technological methods, and offer accurate, easy to use, home monitoring and treatment options. The product line includes:

- **Aneroid Blood Pressure Kits**
- **Blood Pressure Cuffs**
- **Digital Blood Pressure Monitors**
- **Digital Thermometers**
- **Heart Rate Monitors**
- **Personal Health Scales**
- **Stethoscopes**

This ***LifeSource*** product is covered by a Lifetime Warranty. See warranty card for details.

For more information regarding use, care or servicing of your Blood Pressure Monitor, contact:

A&D Medical
A division of A&D Engineering, Inc.
1555 McCandless Drive
Milpitas, CA 95035
LifeSource Health Line (Toll-Free): 1-888-726-9966
www.LifeSourceOnline.com

For Canada Residents, please contact:
Auto Control Medical
6695 Millcreek Drive, Unit 5
Mississauga, Ontario
L5N 5R8 Canada
Auto Control (Toll-Free): 1-800-463-5414
www.autocontrol.com

IMPORTANT!

If You Need Assistance with the Set-Up or Operation

We Can Help!

Please call us FIRST before contacting your retailer at

LifeSource Health Line

1-888-726-9966 - Toll Free

1-800-463-5414 - In Canada

A specially trained representative will assist you

A division of A&D Engineering, Inc.
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www.LifeSourceOnline.com

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